

coorie in
FOR
Christmas
Edinburgh 2020

Tips for keeping well during the
festive period, craft and recipe ideas
and support available



from coor, a scots word
to nestle or snuggle



Contents

	page
Winter wishes	2
About Health in Mind and Thrive	3
Wellbeing and practical tips	4
Getting outside in the winter months	5
Recipe: Spicy Carrot Festive Chutney	6
Christmas Poem	7
Coping with grief	8
Recipe: Aunt Jeanette's Stuffing	10
Recipe: Zesty Mince Pies	11
Loneliness and staying connected	12
Hello postcard	13
Having a digital Christmas	15
About iThrive Edinburgh	16
Recipe: Wee T's 'Scottish' Rarebit	18
Recipe: Stir-fried Brussel Sprouts	19
Volunteering	19
Mindfulness and relaxation ideas	20
Creative craft idea	21
Useful Contacts	22
Recipe: Dutch Apple Pie	29



Christmas is Claus for celebration!

Prappy Campbell, Thrive Edinburgh

'I look forward to celebrating my Christmas Day on top of a Scottish Mountain and then putting my feet up to eat Christmas dinner cooked by my other half who takes over the kitchen!'

Let us know what you'll be doing this year on twitter

#CoorieInForChristmas

Winter Wishes

Christmas and New Year can be a difficult time of year. This year, we also face new challenges, unknowns and stresses over the festive period from coronavirus. That's why we're focusing this booklet on the Scottish concept of 'coorie' as a way to help us look after our mental health and wellbeing this winter.

Coorie is all about comfort, snuggling, looking after yourself and others. It's about embracing the benefits of the outdoors and being surrounded by nature.

This booklet focuses on the things we can all do to look after our mental health and wellbeing in our homes, whilst also encouraging us to get outside and embrace the benefits of nature. It also includes a range of support and helpful contacts.

You can find information about mental health and support available all year round on iThrive Edinburgh. Please check the online space to keep up-to-date with support available during the festive period and on Christmas Day in Edinburgh.



My family and I no longer send many paper Christmas Cards, it's nearly all electronic exchanges, but before sending out this year's messages we look through all those we received last year – it's always surprising to see how many are from friends that for one reason or another we haven't met up with this year or from those who have previously suffered a loss at this time of year.

From this we make a list of "must contacts" by phone, digital call or a physical meeting. It's amazing how you can create time when your mind is focused on a simple task like saying hello.

Frank Ross, the R. Hon. Lord Provost and Chair of Thrive Edinburgh Assembly

About Thrive Edinburgh

Thrive Edinburgh is our innovative new strategy for improving the mental health and wellbeing of all citizens in Edinburgh.



Thrive Edinburgh is underpinned by the values of kindness, respect and love. Through the Thrive Assembly, chaired by our Lord Provost, we have mobilised the city to ensure that mental health is everybody's business, infused through our collective efforts in housing, education, culture, health and justice. We are committed to listening and learning from each other, making the invisible visible, focusing on social networks, connectivity and relationships, creating a city where every individual realises their own potential. You can learn more at **www.edinburghthrive.com**.

Dr Linda Irvine Fitzpatrick, Strategic Programme Manager

About Health in Mind

Health in Mind is a Scottish charity, with your mental health at heart.



We are based in Edinburgh and have been promoting positive mental health and wellbeing since 1982. Our hopeful and caring approach supports and empowers each person to live the life they want to live.

You can find out more about Health in Mind and how we can support you at **health-in-mind.org.uk**.

Wendy Bates, Chief Executive, Health in Mind

This guide has been produced in partnership by **Thrive Edinburgh** and **Health in Mind**.

Many thanks to our colleagues at **Network Rail** for helping us to deliver the Coorie in for Christmas booklet to different places across the City.



Wellbeing and practical tips

Think about the little things you can do for yourself each day, like spending time outside or cosying up to watch a good movie.

Make sure that you have enough medication to last when your GP and Chemist are closed.

Plan ahead and give yourself enough time to get any food or household supplies you need. Our food can have a big impact on our mood, so think about some meals that are delicious and healthy.

It's okay if you are feeling anxious or overwhelmed. If things do get too much, make sure to take the time to talk about how you're feeling.

Our physical health can impact how we feel, so don't forget to make time to move.

Try not to compare yourself to the things you see on TV or social media. You're not the only one who is finding things difficult.

Take the time to connect with your loved ones, even talking on the phone can have a huge impact.

Take it one day at a time.

health-in-mind.org.uk

Getting outside in the winter months

The darker winter months are known to affect how we're feeling. That's why, now more than ever, getting outside and embracing nature is so important.

Being outdoors, even for a few minutes a day, has been shown to improve your mood, help you relax and reduce stress. That's why particularly in these times, we should all try to make the time to get outdoors every day, or at least a few times a week.

Stepping outside is also a great chance to connect with others that you may pass on your walk. Saying 'hello' to someone outdoors can be great at helping to fight feelings of loneliness and make you feel more connected to your community.

Being outside also lets you be more mindful and appreciate your surroundings. Try to save your texts or phone calls for when you're back home. Bundle up in some warm clothes, take a walk in your local park or watch the sunset, and take notice of what's around you.

And don't forget to have a hot chocolate and a warm blanket waiting for you when you get back inside.

In Edinburgh, we're lucky to have a wide range of parks and green spaces. You can find out more about the benefits of nature on our wellbeing and a list of local parks on iThrive Edinburgh. Visit ithriveedinburgh.org.uk and search 'green spaces'.



Spicy Carrot Festive Chutney from the Edinburgh and Lothian Greenspace Trust

'We made this recipe last year with the community at Moredun in Goodtrees Neighbourhood Centre. We had salads and homemade oatcakes, some love cheese as a special treat – all of which was enjoyed as a group together with festive music. We had all ages attending with families too, it was a really magical day!'

Ingredients

3lbs finely grated carrots
2 inch fresh ginger, chopped
1 large lemon - grated with rind and juice
4-6 fresh chopped chillies
12 tablespoons mustard seeds
2 heaped teaspoons cumin powder
1 heaped teaspoon turmeric
3 heaped teaspoons coriander
1 heaped teaspoon chilli powder
1 teaspoon black pepper
1 teaspoon salt
8 tablespoon olive oil
1/4 pint malt vinegar
2 tablespoons balsamic vinegar
4 tablespoons tomatoe puree
6oz brown sugar



Method

Heat the oil, add the mustard seeds and pop them. Add all the other spices and fry for about 2 minutes, add lemon juice and vinegar and mix together. Add the remainder of the ingredients and give a good stir. Cover and simmer for about 2 hours. Ladle into hot, sterilised jars and seal. Lave with contents when fully cool.

Find out more about the Edinburgh and Lothian Greenspace Trust at:
www.elgt.org.uk.

A poem from Angela McCrimmon, Cyrenian's OPAL Volunteer

Christmas is approaching, it's a strange one this year,
In the midst of a pandemic trying to find some festive cheer,
Some people want to cancel it but then there's those like me,
Who, the day after Halloween, put up their Christmas tree!

I strike into survival mode in times that cause me stress,
This year has all but taught me that having more is less,
It's brought me back to basics and reminded me it is true,
It's taught me the gift of gratitude will always pull me through.

Our plans may have to halt and tradition interrupted,
Hospitality services that have all been so disrupted,
No office party when you're working from your home,
But log in online... there's no need to be alone.

Watch a Christmas movie, Sing a Christmas tune,
Give thanks that 2021 will be arriving soon,
Think of all the nurses and those on the frontline,
Catchphrase of 2020... "Unprecedented times!"

Christmas will be different but try not to be sad,
Be kind to yourself when you feel like you're going mad,
This Christmas will be like nothing that we've ever had before,
Stay safe my friends so we can celebrate many more.

Find out more about Cyrenians at:
cyrenians.scot



Coping with grief

Losing a loved one, no matter what the circumstances, is one of the most difficult things that we can go through. It can be even tougher during the festive period this year, when it seems like people are celebrating around you or when restrictions mean that you can't see your support network the way you normally do.

With all the changes happening due to COVID-19, it is understandable to miss 'normal' life and mourn the loss of what you thought 2020 was going to be. We're all feeling a shared sense of grief during this time but will be experiencing it in very different ways. There are no set rules to grieving.

Here are some ideas on how to cope with your grief during the festive period:

Have a plan

Take some time to think about which festivities you feel comfortable participating in, and which ones you don't. Decide what you want to do around the festive period and know that it's okay to say 'no'. If current restrictions mean you can't get together in-person with your loved ones, think about other ways that you can all come together safely so that you still feel connected and supported.



Keep a routine and look after yourself

With everything that's going on across the festive period, it might mean that you can't keep to your usual routines. This can often make it easy for people to forget to look after themselves. Simple things like sticking to regular sleeping patterns and eating well can have a real impact on our wellbeing.

Do something to remember your loved one

Thinking about ways you can remember your loved one can be a comforting way to celebrate their life and keep their memory close this Christmas. You could hang something special on your tree, look at old photos, or cook their favourite meal.

Ask for help when you need it

Christmas can be a hard time for many of us, but it can be particularly challenging when you're trying to cope with grief. It's okay to ask for help when you need it, so do try to open up to your loved ones and make the time to connect with those around you, even if it's online.

If you don't feel able, remember that there are people you can turn to who are here to listen. You can find a list of helpful listening organisations at the end of this booklet.

For more information visit ithriveedinburgh.org.uk and search 'grief'.



Aunt Jeanette's Stuffing

From Cat Young, Thrive Edinburgh

I love stuffing! All sorts of stuffing but my favourite is Aunt Jeanette's Stuffing. It has a pure taste of Christmas. So here goes me trying to teach you how to make it.

Ingredients

Bacon (3 rashers)

Square sausage slice 4 or equivalent sausage meat

1 Onion

6 dried apricots

Hand full of sultanas

Good dash of Port (optional)

Some mixed herbs

Olive oil or vegetable oil for cooking

Salt and pepper for seasoning



Method

Soak the fruits overnight in the port (if you're using it).

On Christmas morning cut up the bacon rashers into small bits and fry it off, remove it from the pan but keep some of the oil in there, do the same with the sausage meat and add it to a big bowl with the bacon.

Again keep some of the oil in there so you have the meaty juices. Then add the onions for about 3 minutes till nice and soft. Then add the fruit mix from your fridge.

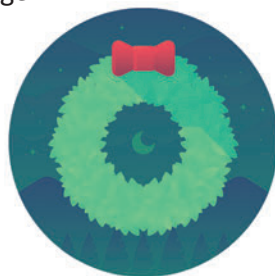
Add the hot onions and fruit into the mix with the meats. Add some salt and pepper to season. Give it a good mix and add a little cinnamon and other Christmas spices your like. Anything goes with this. A bit of sage would be delicious too. If it isn't sticking together you may want to crack some egg into it. And that's my Aunt Jeanette's Stuffing made. It's delicious for Christmas lunch and on Sandwiches after.

A bit of zest with your mince pie

From Michele Harrison, Wayfinder Partnership. 'This recipe came from a Saturday supplement a few years ago and these have become a firm favourite with friends, family and colleagues.'

Ingredients (Makes 24)

250g (9oz) plain flour, plus extra for rolling out
A pinch of salt
125g ground almonds
Finely grated zest of 1 large lemon and 1 large orange
100g caster sugar
250g unsalted butter (chilled and cubed)
600g mincemeat
50g flaked almonds
Icing sugar to dust
A 7 cm round fluted cutter
2 lightly buttered 12 hole bun trays



Method

Sift the flour into a large bowl or food processor and add the salt, ground almonds, orange and lemon zest, sugar and butter. Combine using your fingertips (or whizz in the processor) until the mixture resembles breadcrumbs.

Remove 200g (7oz) of the crumble mixture and reserve. Continue to blend/bind the rest together to form pastry, but do not over mix. Wrap the pastry in cling film and chill for 1 hour.

Preheat the oven to 190° C/fan 170°C /Gas mark 5. On a well floured surface, roll out the pastry to about 3 mm (1/8 in) thick.

Stamp out circles using the cutter, press lightly into the trays. Reroll any excess pastry and repeat until you have 24. Spoon the mincemeat into the pastry cases. Sprinkle over the reserved crumble mixture and a few flaked almonds. At this point you can freeze the pies, defrosting them when you are ready to bake.

Put the mince pies in the oven. They will take 20-25 mins to bake, remove from the oven when they are golden brown in colour. Leave for 10 minutes to firm up in the trays, then remove from the tin onto a wire rack to cool.

Loneliness and staying connected

This year, the festive period might look a little different. It might be the first time that you're alone at this time of year. At a time of year when we're used to coming together, this can have a real impact on our mental wellbeing, particularly on feelings of loneliness.

Give someone a call

Take the time to speak to your friends and family that you won't be with this Christmas. Even just a five minute call can make a difference.

Send someone a card

Write to your family, your loved ones, or even put a card through your neighbour's letterbox. You can send the festive edition of our #WritingToSayHello postcard.

Plan some fun activities

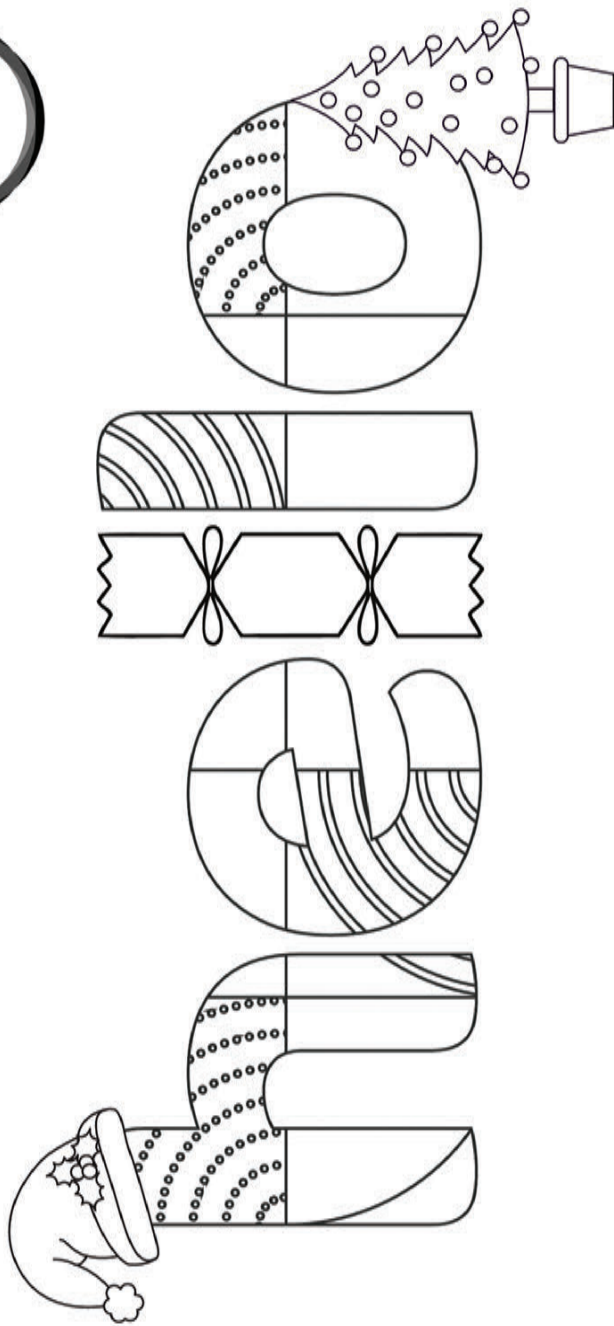
Although you might not be able to go out and do all the things you normally do, think about some fun activities you can do from home. You could bake something festive that you've never tried before, or have a go at creating some handmade presents or decorations this year.

Find sources of comfort

Looking after yourself and doing things to help you relax can be a great way to help with feelings of loneliness. You could light some scented candles, have a warm bath, and cook yourself a nice comforting meal. Whatever you do, find the time to coorie in this Christmas.

health-in-mind.org.uk





Connect is one of the five ways to wellbeing.

Connecting with the people around you is important for your mental wellbeing. Send this festive postcard to someone and show them that you're thinking of them.



www.health-in-mind.org.uk

Health in Mind is a Scottish charity with your mental health at heart

#WritingToSayHello

We rely on donations and fundraising to provide mental health support to people living in Scotland. To support our work please visit our website or call 0131 225 8508.

Health in Mind is a charity, registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.

Having a digital Christmas

We might not all be able to get together in big groups this year. Lots of us are getting ready to have a 'digital Christmas', so we wanted to share our top tips with you about what you can do to still make it special.

Get everyone together online

Think about what your favourite festive traditions are, and schedule in some time with your family where you can do them online. You could all come online to cook your Christmas meal or watch the same festive movie at the same time.

Play online games

A big part of Christmas for many people is playing games, from charades through to Pictionary. This year, you could play these games online, so that you can all still have a fun activity to do together.

Make something

Taking the time to make something can be great for our mental health. Spend some time during the day knitting, drawing, or whatever takes your fancy! You could even send it as a present to a loved one too, to let them know you're thinking of them.

Listen to Christmas music

Things might feel a little quieter than usual, so why not put on some of your favourite Christmas songs to play in the background, or have a dance around the kitchen!



ithrive



EDINBURGH

Your new online space for
mental health and wellbeing in Edinburgh

Find local support that works for you

.....

Access to a wide range of self-help materials
on topics including **anxiety**, **depression**,
sleep problems and **anger**

.....

See what events are taking place in Edinburgh

.....

Keep up to date with latest mental health
and wellbeing news

www.ithriveedinburgh.org.uk



@iThriveEdinburgh



@iThriveEdinburgh

Learn more about...

Sleep

Sleep is important for us all as it allows our bodies and minds to recharge for the upcoming day. Not being able to sleep regularly can badly impact your mental and physical health and increase levels of anxiety and depression.



On iThrive Edinburgh, you can find factsheets, tips and information, sleep diaries, organisations, videos, podcasts, apps and available services in Edinburgh which can help you get a better nights sleep.

Positive Affirmations



Positive affirmations are encouraging phrases or statements which can counteract unhelpful thoughts. They can help motivate you when you're feeling stuck or finding it difficult to get started with something. They can also help to

improve your confidence and self-esteem. It's easy to start using positive affirmations – pick a statement that works for you and repeat it to yourself. This can be out loud or in your head. If you are struggling with unhelpful thoughts and feeling low, you could say:

"I am good enough"

"I deserve good things to happen to me"

"I deserve to be happy"

Wee T's 'Scottish' Rarebit

From Emma Gall's mammie, Thrive Edinburgh

Ingredients (For two to Coorie)

Half a block of sharp Scottish Cheddar

A drop of coo's milk

Wee spot of single cream

Hawf a teaspoon of mustard pooder

Good dollop of Worcester sauce

A Free range Scottish egg

A pinch of black pepper

4 slices of plain bread



Method

Mix together all your ingredients (except the bread) until you have a smooth paste then pop in the fridge for a wee hawf hour, just enough time for a cup of tea. Once the rarebit has chilled, get the grill nice and hot and toast one side of the plain bread. Flip the bread over and spread on your mixture then put back under the grill, it's ready when bubbling and oozy.

Peter's Passion Porridge

From Siobhan Edwards, Innovation Unit

Peter, my partner, is Scottish and a great cook - so he's come up with a simple but lovely way of serving porridge that makes it festive.



Cook oats with water and a pinch of salt, as usual (for about 20 minutes). Then serve with passion fruit seeds scraped out (of the rather strange brown and knobby fruit), a splurge of maple syrup and a dollop of Greek yoghurt. It looks and tastes delicious! An extra festive touch is pomegranate seeds on top of all the rest - like jewels!

Stir-fried Brussels Sprouts

A recipe to convert sprout-haters to sprout-lovers from Sylvia Forshaw, OPAL, Cyrenians.

I really thought I hated brussels sprouts, it was almost at the point of spoiling Christmas for me. Then I discovered this, and it was a total game-changer. So now I love them we don't only have sprouts at Christmas— it's a completely different experience.

Ingredients

500g Brussels sprouts
4 rashers streaky bacon
1 small onion, finely chopped
2 garlic cloves, minced
Splash of lemon juice (optional)
salt and freshly ground black pepper



Method

1. Put the bacon in a frying pan over a medium heat and fry until browned and crisp. Remove onto a paper towel, leaving any fat in the frying pan, and crumble once cooled.
2. Sauté the onion in the bacon fat for two minutes and then add the garlic and continue to cook for a further minute.
3. Add the shredded sprouts and continue cooking until tender – about 5 minutes.
4. Add the lemon juice and salt and pepper and toss with the bacon.
5. Serve really hot in a warm bowl.

Volunteering over Christmas



In times like this, it's important to remember that we're all in this together. Helping someone who needs it, particularly at this time of year, can make you feel good too.

Take a look at Volunteer Edinburgh for the latest opportunities available: www.volunteeredinburgh.org.uk

Mindfulness and relaxation ideas

Mindfulness is all about slowing down and paying attention to the present moment. When people are being 'mindful' they are taking active steps to reconnect with themselves.

Being more aware of the present can help our mental health and wellbeing as it lets us enjoy the world around us, as well as to understand ourselves and how we're feeling. Here are some ideas for how you can relax and be mindful:

Try belly breathing

By taking some deep breaths, we can help ourselves to feel more relaxed. If you do try one of these breathing exercises, pay attention to how you respond and stop if you feel uncomfortable or strange in any way.

Place one hand on your chest, and one hand on your belly (a few inches about the belly button) - try to breathe into the hand that is resting on your belly.

Place your hands on your lower ribs with middle fingers touching - if you are using your diaphragm, when you breathe in, the middle fingers draw away (just a few inches) from each other and when we exhale, they touch again.

Hug yourself with your hands on opposite shoulders (to stabilise the upper chest muscles and make it more difficult for them to be involved, which can help with sending the breath down).

Three-part inhalation (you can imagine taking three sips of air in) and a steady long exhalation. If you feel that the third sip strains your shoulders, feel free to do two instead.



Meditation

Take some time to sit quietly and focus on your breathing, your feelings, and the world around you. You may find it helpful to pick a regular time when you will practice mindful meditations, and there are lots of apps like Headspace and Calm that can help guide you.

Mindful colouring and drawing

Don't worry about trying to draw something in particular or what you think things should look like. Just focus on the colours and how your pen or pencil feels against the paper. There are lots of mindful colouring books that you could try or images you could download too.

Creative craft idea



From Wendy Bates, Health in Mind

Take any sheet of paper (or notepad) and divide it into small squares (around 3cm x 3cm).

Within each square make a small drawing for each day to create a visual diary of your week, month or year.

If you are setting yourself wellbeing goals to work towards, you can focus your drawings on your goals. For example, something you saw when you were out for a walk or a picture of all the healthy food you ate for tea.

Fill your pages with drawings of your world, for as long as it's fun. The more you draw, the easier it will become! Get creative!

health-in-mind.org.uk

Useful Contacts

When you need help now

Police, Fire, Ambulance Call: 999

Police (non emergency) Call: 101

NHS 24 Call: 111

Social Care Direct Call: 0131 200 2324

for help with illness, frailty, disability or concerns about safety of an adult or child at risk of harm.

Out of hours Call: 0800 731 6969

Samaritans Call: 116 123

SHOUT Text: SHOUT to 85258

Free, 24/7 mental health text support service.

Edinburgh Crisis Centre Call: 0808 801 0414

Scotland's Domestic Abuse and Forced Marriage

Helpline Call: 0800 027 1234

Mental Health Assessment Service Call: 0131 286 8137

for people in crisis who need an emergency mental health assessment.

COVID-19

NHS Inform Coronavirus information Call: 0800 22 44 88

National Assistance Helpline Call: 0800 111 4000

Parents

Families Outside Call: 0800 254 0088
support for families affected by imprisonment.

Lone Parent Helpline Call: 0808 801 0323
support and advice for single parents.

Parentline Scotland Call: 08000 28 22 33
advice and support for parents living in Scotland.

NSPCC Helpline Call: 0808 800 5000
advice and information for parents or carers who are looking after a child.

Advocacy / Legal

Advocard Call: 0131 554 5307
independent and collective advocacy for people in Edinburgh.

Legal Services Agency Call: 0131 228 9993
advice and representation in relevant courts and tribunals in Scotland.

Partners in Advocacy Call: 0131 478 7723
independent advocacy for adults in Edinburgh and children and young people across Scotland.

Health

NHS 24 Call: 111

Edinburgh Access Practice Call: 0131 240 2810
services for anyone who is experiencing difficulty in accessing primary care.

Housing and homelessness

Shelter's Housing Advice Call: 0808 800 4444

Emergency housing (Edinburgh) Call: 0800 032 5968

Edinburgh Housing Advice Partnership Call: 0845 302 4607
advice and information for people to help them avoid homelessness and secure preventative housing support.

Home Energy Scotland Call: 0808 808 2282
Text WARM to 81025
advice on energy saving and keeping warm at home.

Access Point Call: 0131 529 7438
homeless support for people with support needs.

Citizens Advice Call: 0131 510 5510

Substance use

Alcoholics Anonymous (24/7) Call: 0800 917 7650

Drinkline Scotland Call: 0300 123 1110
advice to callers concerned about their own or someone else's drinking.

Narcotics Anonymous Call: 0300 999 1212
support for people for whom drugs have become a problem.

Gambling Anonymous Call: 0370 050 8881

Al-anon Call: 0800 0086 811
support for families and friends of alcoholics.

Frank Call: 0300 1236600. Text: 82111
support and information about drug use.

Listening services

Samaritans Local Call: 0131 221 9999

Samaritans National Call: 116 123

Breathing Space Call: 0800 83 85 87

CALM Call: 0800 58 58 58

for people who are down or have hit a wall, who need to talk or find information and support.

No Panic Call: 0844 967 4848

advice and support for people living with phobias, OCD and anxiety.

Switchboard LGBT+ Call: 0300 330 0630

confidential listening service for LGBT+ communities.

ChitChat Britain Call: 0333 002 0333

Carers

Voices of Carers Across the Lothians (VOCAL)

Call: 0131 622 6666

working with family members, partners and friends who are caring for someone.

Edinburgh Carers Council Call: 0131 322 8480

advocacy for carers supporting someone with physical or mental health difficulties.

MECOPP (Minority Ethnic Carers of Older People Project)

Carers Centres Call: 0131 467 2994

support for Black and Minority Ethnic carers to access appropriate supports and services.

Carers Scotland Advice Line Call: 0808 808 7777

Young People

Papyrus Hopeline Call: 0800 068 41 41

Text: 07860039967

a helpline for young people having suicidal thoughts.

Young Minds Text: YM to 85258

messenger for people experiencing a mental health crisis.

Older people

Age Scotland Call: 0800 12 44 222

Silverline Call: 0800 4 70 80 90

helpline offering friendship and advice to older people.

Hourglass Call: 080 8808 8141 (press 2 for Scotland)

helpline providing information and support for anyone concerned about harm or abuse of an older person.

Money

Citizens Advice Call: 0131 510 5510

Scottish Welfare Fund Call: 0131 529 5299

grants for people on low incomes.

Debtline Call: 0808 808 4000

Practical support

Gas Helpline Call: 0800 111 999

Electricity Helpline Call: 105

Scottish Water Helpline Call: 0800 0778 778

Floodline Call: 0345 988 1188

Edinburgh Council Emergency Call: 0131 200 2000

Grief and bereavement

Cruse Bereavement Care Call: 0808 802 6161

PETAL (People Experiencing Trauma And Loss)
Call: 01698 324 502

The Scottish Funerals Costs Helpline
Call: 03000 11 33 01

Keeping safe

Rape Crisis Edinburgh Call: 0131 556 9437

Rape Crisis Scotland Call: 0808 801 0302

Edinburgh Women's Aid Call: 0131 315 8110

Scottish Women's Aid Call: 0800 027 1234

Victim Support Scotland Call: 0800 160 1985

Shakti Women's Aid Call: 0131 475 2399
support for black minority ethnic women and their children who are experiencing, or who have experienced, domestic abuse.

Free and low cost food

Edinburgh City Mission's Care Van Call: 0131 225 9445
providing food, hot drinks and advice for homeless and vulnerable people.

Edinburgh Community Food Call: 0131 467 7326
helping people to have access to a healthy diet.

Eat Well Age Well Malnutrition Helpline Call: 0800 13 88 220
provides practical tips and advice about how to stay well-nourished for older people aged 65 years or over living at home who have a poor appetite and/or are experiencing unintentional weight loss.

Edinburgh Food Project Call: 0131 444 0030
providing emergency food and support to local people.

Edinburgh North East Foodbank Call: 0131 554 2578

Edinburgh South West Foodbank (Salvation Army)
Call: 0131 346 2875

Edinburgh South East Foodbank Call: 0131 664 9353

Social Bite Call: 0131 353 0250
a social enterprise that helps give food and advice to homeless people.

Mental Health Information Station

The Mental Health Information Station provides support, information, signposting and resources. It's held at the Walpole Hall, Palmerston Place, and runs on Thursdays. For details about opening hours during the festive period, email MentalHealthInformation@nhslothian.scot.nhs.uk or call 0131 537 8688.

Visit iThrive Edinburgh to keep up-to-date with wellbeing news over the festive period and all year round: ithriveedinburgh.org.uk

Dutch Apple Pie



3-4 kg Apples
75 gr raisins
200ml water
100 gr sugar
1/2 juice of a lemon
2 1/2 tsp cinnamon
160gr all purpose flour
120gr unsalted butter
80gr custer sugar
pinch of salt
1 egg



Peel, core, and slice apples

Heat water and add raisins, sugar, cinnamon, lemon and apple slices. Simmer until apples are soft and raisins are swollen. Take fruit out with slotted spoon and let them rest in a colander. Make pastry with flour sugar salt and 1/3 of the egg. Use 2/3 of pastry to line a buttered flan dish and fill it with the apple mixture and the pastry in neat rows. Make latticework with remaining pastry. Brush pastry with beaten egg and place it in the oven 150c for 45 min.

Rapidly boil the water and sugar mixture in which the apples were cooked until there is just a bit left, looking thick and syrupy.

Pour this on top of the tart and let cool

From Space Kitchen www.spacescot.org

Getting creative

Making music, painting a picture or enjoying what others have created is a great way to corrie in – check out the online **Out of Sight Out of Mind** gallery at:
www.outofsightoutofmind.scot/online-exhibition

Health in Mind is a charity registered in Scotland SC004128
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The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.



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